



NEWSLETTER

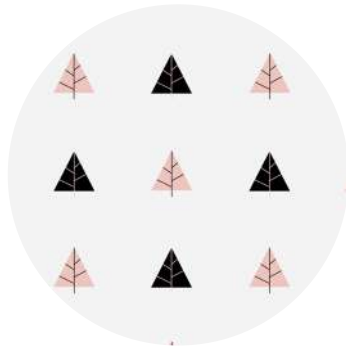
**Independent Living Support
Nov/Dec issue**



Food Bank Updates



In This Issue



**Places to be
this Christmas**



**EU Citizen
Support**



**Now is the time to apply
Warm Home Discount**

Plus much more...



Food Bank Information

Food bank Locations throughout Dumfries and Galloway:



Apex Dumfries Food Bank:
Please note Apex Closes for lunch between 12PM - 1PM.
Monday: 10.00am - 4.00pm
Tuesday: 10.00am - 4.00pm
Thursday: 10.00am - 4.00pm
Friday: 10.00am - 4.00pm

77-79 Friars Vennel,
 Dumfries DG1 2RF



Apex Dumfries Food Bank:
Please note Apex Closes for lunch between 12PM - 1PM.
Monday: 09.00am - 05.00pm
Tuesday: 10.00am - 4.00pm
Thursday: 10.00am - 4.00pm
Friday: 10.00am - 4.00pm

Back Rampart, Stranraer
 DG9 7LW



Kate's Kitchen Annan
Tuesday: 11.00am - 02.00pm
Thursday: 11.00am - 14:00pm

2-4 Bank St, Annan
 DG12 6AA



Fed Up - Community Cafe
Stranraer
Monday: 09.30am - 02.30pm
Thursday: 09.30am - 02.30pm
Friday: 09.30am - 02.30pm

The Baptist Church
 Bellevilla Road,
 Stranraer,
 DG9 8ED

Saint Georges Church Hall:
Homeless Meals in the hall
Thursday's 04.30pm to 08.00pm.



George St, Dumfries
 DG1 1EA

Bethany Christian Trust
Snacks available
Tuesday and Thursday
12.00pm - 1.45pm



36 White Sands,
 Dumfries DG1 2RS

Salvation Army Dumfries
Monday and Friday
11.00am - 1.00pm
Lunches for people on low income



97 Whitesands,
 Dumfries DG1 2RX

First Base Agency Dumfries
Food Bank
Monday - Friday:
12:00pm - 02:00pm



6 Buccleuch St,
 Dumfries DG1 2AH

River of Life Church Dumfries
Foodbank - Surplus Foods
Monday - Friday:
Drop-in between: 06.00pm - 06.30pm



Lovers' Walk,
 Dumfries
 DG1 1LU

Organisations & Services Partnered with



Dumfries & Galloway

What is FareShare and what do they do?

We redistribute surplus food to frontline charities and community groups...

10,943 of them including homeless hostels, childrens breakfast clubs, lunch clubs for older people, domestic violence refuges and community cafés.

We Supply, fresh in date and good to eat surplus from the food industry, which would otherwise go to waste. Last year we managed 20,838 tonnes of food.

**To access the FareShare food service in D&G:
Please contact or go to one of the following places:**

**Summerhill, Lochside Community Centre, Glen Aros Church
(previously Sandside Community Centre), Aberlour in
Lincluden, Multicultural Centre in the Vennel, Lincluden
Community Centre and First Base.**

**Please note food can not be delivered it must be picked up
from centres or organisations, ask us at Independent living
support for more information!**

[More info on Fareshare click here](#)



Christmas Lunches



Christmas can be a tough time of year, you may feel alone or be struggling financially, below are some churches, organisations and businesses that are offering complimentary Christmas lunch and a place to be to enjoy some festivities!



RIVEROFLIFE

CHURCH | DUMFRIES

Lovers' Walk,
Dumfries
DG1 1LU

River of Life Church Dumfries

Christmas Day Lunch 01.00pm - 03.00pm

No booking necessary and it's free

Volunteers are welcome too

They also have a short Christmas Day family service from 11.00am - 12.00pm all welcome.

The River of Life Church will have a surplus of supermarket food from aldi available for pick up on Christmas eve between 0600pm - 06.30pm.



Crocketford
Dumfries,
Castle Douglas
DG2 8RF

The Inn on the Loch, Crocketford.

Christmas Day Lunch 12.00pm

Booking is necessary and it's free - Call 01556 690 281

- For those that may be alone this Christmas or facing hardship.

BOOKING ESSENTIAL

More information to be released in this newsletter on the 10th of December with regards to Dumfries and Galloways council holiday food programme, keep an eye out for the second newsletter release in December.

Fed Up - Community Cafe Stranraer

BOOKING ESSENTIAL

Graphic: courtesy of Fed up community cafe



The Big Christmas Dinner

Our 3rd Annual Big Christmas Dinner, helping people with financial hardship and social isolation.

Due to demand and limited seats, booking your place is required to avoid disappointment. You can do this in person, email or Facebook

Friday 20th December 2019

The Baptist Church Hall, Bellevilla Road, Stranraer

Dinner is served at 1.00pm

Come on down and lets make this another year to remember

This service is offered free to everyone who is in need this Christmas, by the kind donations of local businesses and FareShare, as well as our great team of volunteers.

For any additional information, please visit us:

W: www.fedup.org.uk | **E:** info@fedup.org.uk | **F:** @letsgetfedup



- Some of our funders include -



The
Common Good
Fund



LIFT D&G & YMCA

Dumfries

BOOKING ESSENTIAL

Graphic: courtesy of LIFT D&G



LIFT D&G & YMCA
CHRISTMAS PARTY

EAT
drink &
BE CHEERFUL

DECEMBER 25TH 12-4PM

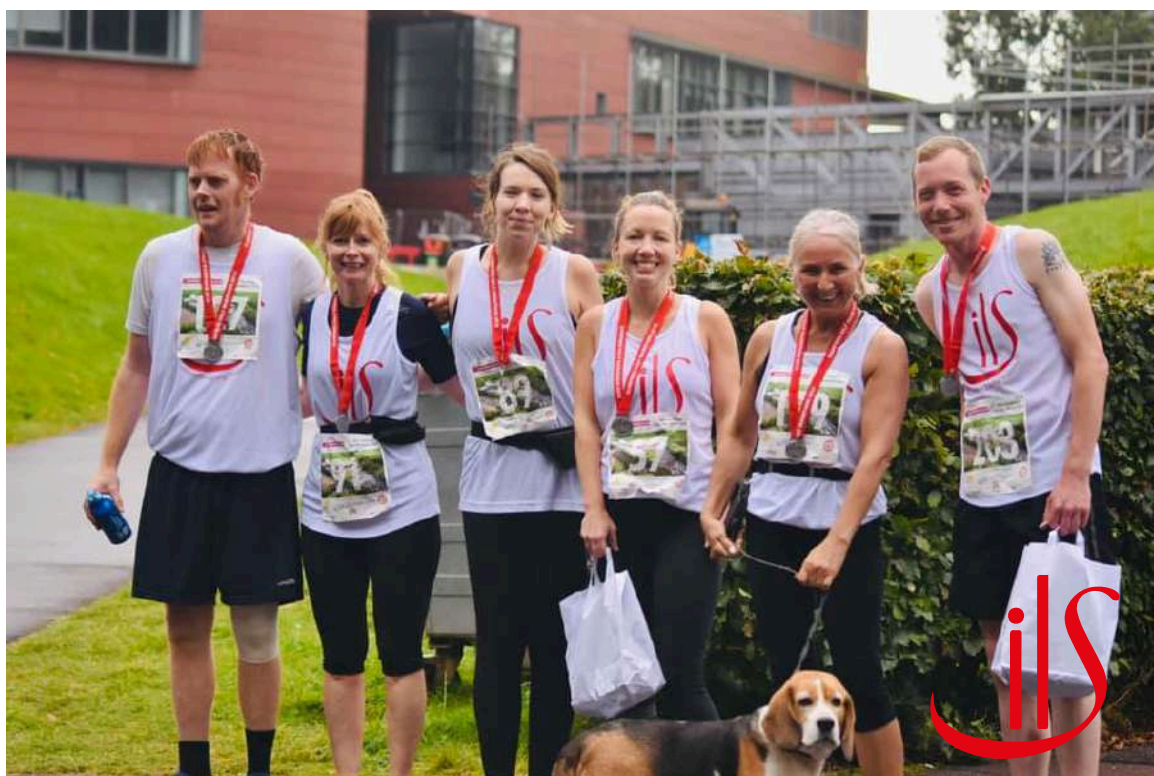
YMCA COMMUNITY HUB
lochside Road, Lochside

RSVP lift16@outlook.com
or call 07783137918



News

Your go-to positive news! Independent Living Support Staff run half marathon



Six Independent living support staff members took part in the Dumfries half marathon in September and raised £1,060 for our client donation fund. Independent living support holds a specific bank account funded by public donations for our clients who are experiencing financial difficulties. The bulk of these funds go on gas and electricity top-ups for people living in homeless accommodations, as these properties are particularly hard to heat. All the money donated is retained in Dumfries and Galloway and is solely utilized by our clients.



Wherever you live in Scotland, StepChange Debt Charity is here to help you. We provide free debt advice tailored to your individual circumstances and in line with Scottish debt law.

Call: 0800 138 1111

[Website Click here](#)



Struggling with DEBT need to find a solution need help budgeting contact us at Independent Living Support.



Home & Income Info

WARM HOME DISCOUNT SCHEME

- ✔ Do you qualify for the Warm Home Discount?
- ✔ Speak to your energy company today
- ✔ End unnecessary fuel poverty and keep warm

Now is the time to apply!
Have you applied for the warm home discount?

People eligible:

- **Core Group:** you get the **Guarantee Credit** element of **Pension Credit**
- **Low income**

Contact your Energy supplier to see if they are apart of the scheme and to see if you are eligible.

Universal Credit: Advance Recovery Reduction



From October 2019, the maximum rate at which deductions can be made from Universal Credit will be reduced from 40% to 30% of the standard allowance of Universal Credit.

Gas safety advice



If you can smell gas or suspect you have a leak, If you think you've got a gas leak in your home or can smell gas anywhere outside, leave the house or area and call the National Gas Emergency Service immediately on 0800 111 999.

Only use a mobile phone outside, well away from the leak.

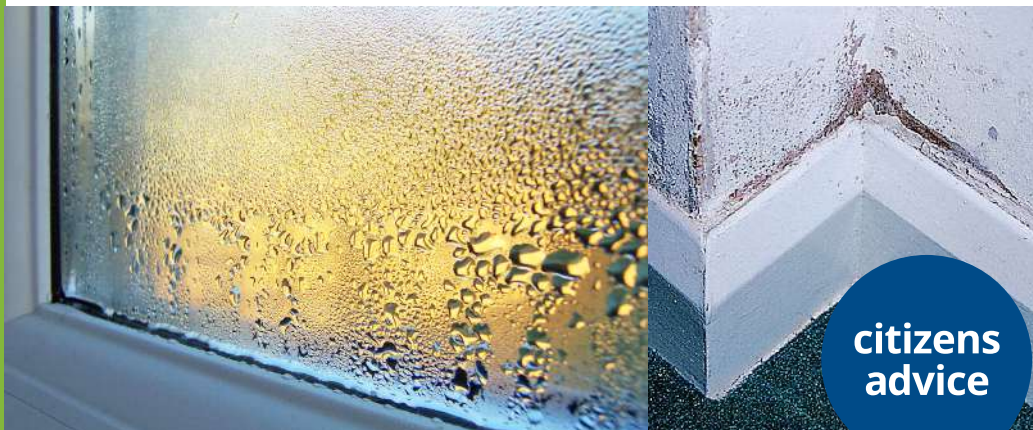
Heat Proofing Tips

Stick on draft excluder strips can be attached to the bottom of doors that may face the outside. Also, Draught excluding tape can be put around the inside of your door/window frame. Amazon has loads of options available and does not cost a lot of money.

p.s NEVER cover up ventilation vents in walls, doing this can cause death.

Home & Income Info

Dealing with damp



It's not always easy to work out if your landlord is responsible for resolving problems with damp. This is because it can be difficult to find the exact cause of damp without the help of a surveyor, unless, it's obvious, such as a leaking roof. However, if you have issues of damp it is always worth raising this with your housing association or landlord.

Check what kind of damp you have

Damp is a common problem which many tenants experience when renting accommodation. There are several types of damp:

- **Rising damp, which happens when moisture travels up from the ground through the masonry to the height of about one metre.**
- **Penetrating damp, which happens when water penetrates into the fabric of a building from outside to inside, for example, because of a leaking downpipe.**
- **Construction damp, where damp is caused by a problem in how the property was designed.**
- **Condensation damp, which generally happens when a property can't deal with normal levels of water vapour because of a lack of insulation, ventilation or heating, or a combination of all of these things.**

Taking action on damp

If you've reported problems with damp to your landlord and they haven't done anything about it, there is action you can take.

• **Contacting the local authority**

Tenants in private rented accommodation and tenants of housing associations could contact the local authority's Environmental Health department.

• **Taking court action**

If your landlord's responsible for dealing with damp and they don't do it, it's possible to take them to court. Taking court action can be costly and time consuming and you should only take it as a last resort.

[More info on dealing with damp, click here.](#)

Personal Resources

Dentist Regulation 9 form – make sure it is completed properly with health issues and benefit entitlements. If you need a hand, contact the office. This is worth noting and adhering to as some people have found themselves paying unnecessary fees.



Sanitary wear available at ILS issued with discretion and confidentiality, contact us.



C4U - is Dumfries and Galloway's card scheme that provides free condoms for young people aged 14-19.



Sexual health D&G Helpline:
07736955219 (Mon-Fri
1.00pm-2.00pm)



Naloxone & OD Awareness

Naloxone and OD awareness training for families and people at risk available from ILS, contact us for more information

Personal Health Info

Drug Alert

Some information sourced from:
FRANK
Click here for a link to Frank



Vaping Cannabis Oils

There have been lots of reports recently about people getting seriously ill and even dying after vaping in North America.

Not all the facts are known yet, but it looks like it's mainly young people using e-cigarettes to vape cannabis oils who have been affected. Very little is known about the health impact of vaping cannabis oils. What is known is that there is no entirely safe way to use any drug and vaping home-made or illicit e-liquids or adding substances to vapes is risky.

Once there is evidence on the precise cause of the recent cases in North America we will update our cannabis information if necessary.

Yellow Pills causing kidney problems

It has come to our attention that there have been several admissions to DGRI secondary to the ingestion of illegal drugs which have adversely affected the kidney health of those involved. Although all cases are doing well, this side effect was thought to be unusual enough for the receiving medics to notify Public Health. Further discussion with 2/3 cases has confirmed a history of ingestion of multiple "yellow tablets". Intelligence from the police has confirmed that such tablets are doing the rounds locally. Although to date there is no proven cause and effect, the evidence is anecdotal at best, I do feel that it is worthwhile to share this information with you and your peers. If you have any information that you think would be useful can I ask you to email dumf-uhb.hpt@nhs.net

Substances used to contaminate heroin:

- Acetaminophen
- Amphetamines
- Caffeine
- Cocaine
- Fentanyl
- Lead
- Methaqualone
- Noscapine
- Phenobarbital
- Procaine
- Quinine
- Scopolamine
- Strychnine
- Thallium

Important Brexit Information



EU Citizens Support

Our specialist helpline service for EU citizens resident in Scotland is called EU Citizens Support and is funded by the Scottish Government. This service is free and impartial and is designed to help EU citizens and their families with issues and concerns about the EU Settlement Scheme. It is available across Scotland through our network of local Citizens Advice bureaux – find your local bureau.

This service is for EU citizens who would like to apply for settled status but have extra needs. For example, you may:

- **have difficulty accessing an Android mobile phone**
- **have limited access to the internet**
- **find it difficult to get the evidence you need to apply**
- **be at greater risk due to personal circumstances**
- **have specific immigration or residency issues.**

You can get free, confidential and impartial advice from our website, in person at your local bureau and on the phone. Our EU Citizens Support service has a national helpline 0800 916 9847 and is open Monday to Friday, 9am to 5pm.

[More info on EU Citizen Support, click here.](#)

Events



Graphic: courtesy of the Guild Dumfries

**Loads of Free events
happening at this years
Christmas light switch on!
More info next page.**

Graphic: courtesy of the Guild Dumfries

WHAT'S ON

There's festive entertainment & christmas cheer throughout the day as the town is transformed into a festival for all the community!

12-6PM	Christmas Makers Market	QUEENSBERRY SQ & HIGH ST	
12-2PM	Santa's Grotto	BY THE FOUNTAIN	DROP IN £3.00
12-4PM	Christmas Treasure Trail	MIDSTEEPLE	PER ENTRY £1.00
12-4.30PM	Meet Santa's Reindeer	FOUNTAIN SQ	
12-3PM	Horse & Carriage Ride	QUEENSBERRY SQ	
	BOOKING ESSENTIAL Family Ticket £36	(2 adults & 3 children) Adult £12 Child £8	
12-3.30PM	Paint the Toon Workshop D-Lux	THE STOVE	DROP IN FREE
12-1.15PM	Christmas Cake Workshop Annette	Baking In A Box	
	QUEENSBERRY SQUARE	BOOK IN ADVANCE £5.00	
12PM	Nip Nebs Storytelling Susi Briggs	KINGS COFFEE SHOP	FREE
12:15-12:35PM	Alive Radio	PLAINSTANES	
12:45-1:05PM	Caitlin Purdie	PLAINSTANES	
1:15-1:35PM	Next Level School Of Dance	PLAINSTANES	
1.15-2PM	Fairy Workshop Weefairyfolk	QUEENSBERRY SQ	DROP IN £2.50
1.30PM	Nip Nebs Storytelling Susi Briggs	KINGS COFFEE SHOP	FREE
1:45-2:05PM	St Lucia	PLAINSTANES	
2PM	Attitude Dance Group	QUEENSBERRY SQ	
2:15-2:35PM	Ellie McConnachie	PLAINSTANES	
2.30PM	Santa & The Reindeers	FOUNTAIN SQ	
2.30PM	Story Telling Mostly Ghostly	FROTHY BIKE SHED	BOOKABLE FREE
2.30- 3.15PM	Tree Decoration & Funky Christmas	Card Workshop Wee Messy Crafters	
	QUEENSBERRY SQUARE	BOOK IN ADVANCE £6 Suitable for 2-8yrs	
2:45-3:05PM	Kate Kyle	PLAINSTANES	
3-4.30PM	Santa Grotto	BY THE FOUNTAIN	DROP IN £3.00
3PM	Loreburn Primary School Choir	BOOTS HIGH STREET	
3:15-3:35PM	Razamatazz	PLAINSTANES	
3.15PM	Story Telling Mostly Ghostly	FROTHY BIKE SHED	BOOKABLE FREE
3.30PM	Troqueer Primary School Choir	MARKS & SPENCERS	
3.30PM	Nip Nebs Storytelling Susi Briggs	KINGS COFFEE SHOP	FREE
3.30PM	Tree Decoration & Funky Christmas	Card Workshop Wee Messy Crafters	
	QUEENSBERRY SQUARE	BOOK IN ADVANCE £6 Suitable for 2-8yrs	
3:45-4:05PM	Devine Tension	PLAINSTANES	
4PM	Loreburn Primary School Choir	BOOTS HIGH STREET	
4:10-4:30PM	D&G Youth Orchestra & Dumfries School Of Dance	PLAINSTANES	
4.15PM	Troqueer Primary School Choir	QUEENSBERRY SQ	
4:30-4:40PM	Aladdin Pantomime with some of the cast	PLAINSTANES	
4.45PM	Build Up To Light Switch On	PLAINSTANES	
4.45PM	Paint The Toon Light Projection D-Lux	PLAINSTANES	
5PM	Lights Switch On	PLAINSTANES	
17:10-17:35PM	Singergy Choir	PLAINSTANES	
5.40 PM	Christmas Treasure Trail Winners	PLAINSTANES	

*Please note all details & timings are approximate and may be subject to change

Events



LIFT D&G have a kids Christmas party on the 21st of December £2 entry per child.

Graphic: courtesy of LIFT D&G





Clients Engagement Group



ILS clients have recently formed a ILS Engagement Group with meetings being held monthly on the second Monday of the month at 1.00pm here at the ILS office in Dumfries. If you have used our services please feel free to come along and find out more about it. Everyone welcome at the next meeting.

**Next
Meeting
9th of
December**



**Get in
touch
for more
info!**

Register to be able to vote in this general election!
Make sure you register by 26 - 11 - 2019

YOUR VOTE MATTERS

MAKE SURE YOU'RE IN



Make sure you're registered to vote
Register at www.gov.uk/register-to-vote



Any comments, complaints or suggestions to enquiries@ils-dumfries.co.uk

**DUMFRIES
OFFICE**

8 George Street Meuse
DG1 1HH
Tel: 01387 262226

**STRANRAER
OFFICE**

9 Hanover Street
Stranraer
DG9 7SB
Tel: 01776 258120